



## *On Behalf of Penn Jersey Roller Derby...*

Penn Jersey Roller Derby (PJRD) is a proud dual member of both the Old School Derby Association (OSDA) and the Modern Athletic Derby Endeavor (MADE). Penn Jersey Roller Derby is a growing organization of men's, women's, and co-ed flat and banked track roller derby, based here in the great city of Philadelphia. We are committed to rough, real roller derby presented in a way that honors the derby of yesteryear. Our skaters are trained by former professionals such as Skip Schoen, Little Richard Brown, and the late, great Judy Sowinski, the Queen of Mean.

We hope you'll check us out for our banked track games at our home and training facility at 1801 West Indiana Ave. Philadelphia, PA, and follow us on [www.pennjerseyrollerderby.com](http://www.pennjerseyrollerderby.com) to learn more about our events and how to become a volunteer or skater with the league!

We would like to thank all of our coaches, skaters, referees, volunteers, and especially you for coming out to make tonight's game possible. Now, please, sit back and enjoy the game!

*Photos courtesy of (from left): <http://www.pittsburghcitypaper.ws>; [http://www.wired.com/images\\_blogs](http://www.wired.com/images_blogs); <http://skateluv.com/wp-content/uploads/2010/01/rollerDerby.jpg>*



# The Rules of Roller Derby...

## Derby Definitions

**PERIOD:** Each game consists of four 15-minute periods

**JAM:** A 90 second game of play. There are an unlimited number of jams in each period.

**THE PACK:** The pivots and blockers from each team who skate together on the track

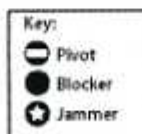
**JAMMER:** The skaters with the star on their helmet. There is one jammer on each team. The jammer is the point scorer.

**PIVOT:** The skaters with the stripe on their helmet. The pivot is usually the last line of defense and keeps the pace of the pack. But keep your eye on the pivot... the pivot can also become the jammer (as long as the other team's jammer has broken from the pack)!

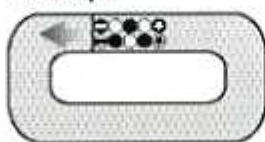
**BLOCKERS:** The skaters that will try to keep the opposing team's jammer from getting through the pack while simultaneously getting their own jammer through the pack in order to score points. There are 3 blockers on each team.

## How we play

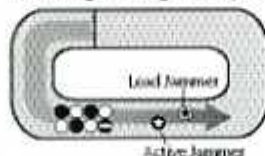
The whistle blows and the pack takes off around the track. The jam has officially begun and can last up to 90 seconds. The first jammer to legally make it through the pack is declared the LEAD JAMMER. The LEAD JAMMER can change throughout the jam as each jammer battles for this position by passing the opposing jammer. The two jammers continue lapping the pack as many times as they can, scoring points for each member of the opposing team they legally pass. The lead jammer may call off the jam at any point by placing their hands on their hips. The teams have 30 seconds to regroup and get back on the line. If a jam starts without all the players from each team, that team will be short those players for the rest of the jam, creating a power play situation for the other team.



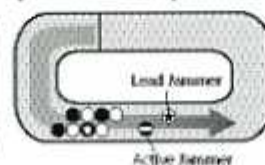
lined up:



breaking through the pack:



pivot breaks as jammer:



## Blocking and Penalties

It is legal to block an opposing player with your body, hips, or upper arms (shoulder to elbow). Illegal blocks would consist of any usage of hands such as punching, pushing, shoving, or grabbing. Any striking with forearms, tripping, kicking, or blows to the head are also illegal. Vindictive skaters will be called on all minor or major penalties and removed from the jam immediately. If the jam ends and penalty box time has not run out, that team must start the next jam short one skater until the penalty time is over.